# weight loss checklist

	Set goals	
O	Track progress	additional:
	Meal planning	
	Portion control	
	Hydration	
0	Regular exercise	
	Sleep schedule	U
$\bigcirc$	Stress management	
$\bigcirc$	Healthy snacks	notes:
0	Mindful eating	- La
	Accountability partner	
$\bigcirc$	Self-care routine	~
	Healthy habits	: (************************************
$\circ$	Avoid fad diets	
	Calabrata milestones	

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**Mike Moreno** 

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